

THE NAVY RESERVIST

TNR

MAY 2007, VOLUME 33, NUMBER 5
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Every
Faith,
every
place



Memorial Day 2007

Memorial Day was originally known as Decoration Day because it was a time set aside to honor the nation's Civil War dead by decorating their graves. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War Soldiers, by proclamation of Gen. John A. Logan of the Grand Army of the Republic, an organization of former Sailors and Soldiers.

"... gather around their sacred remains and garland the passionless mounds above them with choicest flowers of springtime ... let us in this solemn presence renew our pledges to aid and assist those whom they have left among us as sacred charges upon the Nation's gratitude, -- the Soldier's and Sailor's widow and orphan."

Gen. John Logan,
General Order No. 11,
May 5, 1868

Observe the day where we actively remember our ancestors, our family members, our loved ones, our neighbors and our friends who have given the ultimate sacrifice:

- Visit cemeteries and place flags or flowers on the graves of our fallen heroes.
- Visit memorials.
- Fly the U.S. Flag at half-staff until noon.
- Fly the POW/MIA Flag as well (Section 1082 of the 1998 Defense Authorization Act).
- Participate in a "National Moment of Remembrance" at 3 p.m. to pause and think upon the true meaning of the day, and for Taps to be played.
- Renew a pledge to aid the widows, widowers and orphans of our fallen dead and to aid the disabled veterans.

Naval Station Everett Chaplain, Lt. Cmdr. John M. Hakanson, renders a salute after placing an American Flag at the headstone of a veteran at the Grand Army of the Republic Cemetery in Snohomish, Wash. Sailors assigned to Naval Station Everett and the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) visited the cemetery to honor veterans of all services last Memorial Day weekend.

U.S. Navy photo by
Mass Communication Specialist
2nd Class Eli J. Medellin



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The Team Supreme

The importance of the Navy Chaplain Corps and how they are making a difference in fighting the War on Terror.

CCPO Trains Future Spiritual Warriors

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Chaplains Heal Combat Fears

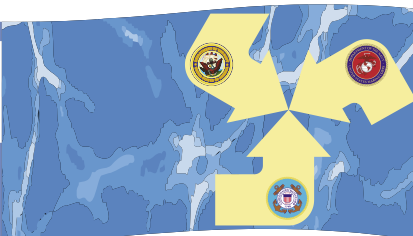
Navy chaplains in combat zones are playing a key role in healing wounds that doctors and corpsmen are unable to treat.

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Chaplain Corps Leadership Charts Course For Future

Navy, Marine Corps and Coast Guard chaplains plan the role of the sea services Chaplain Corps at symposium.

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Navy Reserve 92nd Birthday

The event paid homage to the service's proud past and saluted those making history today.

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Chaplains & RPs Expeditionary Skills Training Course (CREST)

Chaplains and RPs learn how to integrate with Marines and minister to their spiritual needs in the Global War on Terror.

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Our Cover:

U.S. Navy Chaplain, Lt. Kenny Lee, talks with Lance Cpl. Kris Latorre assigned to 3rd Platoon, Charlie Company, 3rd Marine Regiment, during Operation Al Fajr.

U.S. Marine Corps photo by Sgt. Clinton Firstbrook



Also ...

25 MCPON Addresses Chaplain Corps Senior Leaders

Master Chief Petty Officer of the Navy (SW/FMF) Joe R. Campa Jr. convened with more than 150 Navy chaplains and senior religious program specialists providing senior leaders an opportunity to contribute to strategic initiatives and receive updates from the Navy's Chief of Chaplains, Rear Adm. Robert F. Burt.

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Vice Adm. John G. Cotton
Chief, Navy Reserve

Rear Adm. Craig O. McDonald
Commander, Navy Reserve Forces Command

Cmdr. Ed Buclatin
Force Public Affairs Officer

Lt. Adam Bashaw
Deputy Force Public Affairs Officer

Mass Communication Specialist
1st Class(SW/AW) Rob Kerns ... Editor

Mass Communication Specialist
Seaman Amie Roloson ... Staff Writer

Mass Communication Specialist
2nd Class(SW) Kurt Eschen ... Photo Editor

Bryan W. Bordelon
Creative Director / Graphic Designer

May 07

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediaceen.navy.mil/vi/virin.htm. Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

NEWS ONLINE ... *The Navy Reservist* current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.

The role of nearly 6,000 Navy Reservists currently mobilized throughout the world has changed drastically in the last five years. Just as the traditional sea-going role of the Navy is being tossed overboard, the role of the Navy Reserve has transformed into a full partnership in the Total Force. This has never been more evident than it is today as the Navy performs critical missions in support of the Global War on Terror (GWOT) and the Reserve is integral to the Navy's success in fighting this dynamic and evolving type of war.

The men and women of Combined Joint Task Force-Horn of Africa (CJTf-HOA) and the staff of Camp Lemonnier, Djibouti and Africa, exemplify this changing demand on the Navy. They are at the tip of the spear in the GWOT as part of a joint and combined force under U.S. Central Command that includes more than 1,800 members from all branches of the U.S. military, civilian employees, coalition forces and partner nations. CJTf-HOA operates in the countries of Djibouti, Ethiopia, Kenya, Seychelles, Sudan, Yemen, Tanzania, Uganda and Comoros, with a mission to "conduct unified action in the Horn of Africa to prevent conflict, promote regional stability and protect coalition and partner nations' interests in order to prevail against extremism."

Accomplishment of CJTf-HOA's mission objectives requires a seamless integration of all service components: Reserve, Guard and

Active Duty, with military members of coalition and partner nations. On the ground, Reservists are indistinguishable from the Active Component, and are fully integrated into all facets of operations within the AOR that include military-to-military training, civil-military operations, and humanitarian and disaster relief. Together, this force of Soldiers, Sailors, Airmen and Marines have made a difference in the lives of many people in the Horn of Africa while building capacity in these countries to provide security and stability in the fight against extremism.

"[This deployment is] unlike any experience in my career and something I will remember forever," Reservist Senior Chief Storekeeper Hubert Hodgson said. "I have been able to make a difference in a joint-service atmosphere that is career-fulfilling and a once-in-a-lifetime experience."

Hodgson is affected by the people he meets.

"I feel they overcome

more obstacles on a daily basis than most Americans will in a lifetime," Hodgson remarked.

Other Navy Reservists, such as Lt. Germaine Wilson, have expressed similar sentiments when speaking about their recent tour in Africa.

"I'm honored to serve on Active Duty and don the uniform in support of the Global War on Terror as well as assist in the humanitarian efforts within the Horn of Africa," he said. "Every day presents its challenges, but the motivation of my fellow servicemembers always provides me a burst of inspiration."

The Reserve contribution to efforts such as CJTf-HOA is essential, as Rear Adm. Richard Hunt, the former commander of CJTf-HOA, said.

"Reservists bring a wealth of civilian skills and experience critical to succeed in this coalition and interagency environment. We would not succeed in our endeavors without their skills and experience."



**Rear Adm.
Timothy D. Moon**

Deputy Commander,
Combined Joint Task Force
Horn of Africa

*You can read more
about CJTf-HOA at:
www.hoa.centcom.mil*

I have served with CJTf-HOA for the past year. It has been a very uplifting and rewarding experience and I feel honored to have had the opportunity to serve our great nation and the people of East Africa. To watch the U.S. forces in action in remote locations under arduous conditions and austere environments, to witness the improving skills of African military forces, and to see people's faces we are helping is inspiring and makes me very proud to serve.



**Rear Adm.
Harold L. Robinson**
Deputy Chief of Chaplains
for Reserve Matters
Director of Religious Programs,
Marine Force Reserve

*"They brought
the light of God's
loving presence
to the afflicted
and grieved."*

Navy Chaplain Lt. Joe Coffey,
delivers the Catholic Easter
communion service on the
flight deck aboard USS George
Washington (CVN 73).

*U.S. Navy photo by
Mass Communication Specialist
Seaman Michael D. Blackwell II.*



The 240 Chaplains and 230 Religious Program Specialists (RP)s of our Reserve Component are called to serve and bring life transforming ministry to Sailors, Marines, Coastguardsmen and their families around the world.

Eighty percent of the RPs and almost 70 percent of these awesome Sailors have been mobilized for the Global War on Terror and most of them have served with Marine Corps units in theater.

Five years ago we were seen as bench sitters, chaplain and RP "wanna bees;" the theory was that we would be backfill in the unlikely event Active Component, the "A-Team," ever went forward – a hypothetical, but not real, or credible eventuality.

Now the incredible has happened, but not as imagined. In the days following 9/11, Reserve Component Chaplains and RPs were in place at both Ground Zero and the Pentagon. They brought the light of God's loving presence to the afflicted and grieved.

Throughout Operations *Noble Eagle*, *Enduring Freedom* and *Iraqi Freedom*, they have been forward deployed with Active and Reserve Component forces providing the same high-level ministry expected of all Religious Ministry Teams (RMTs).

Examples of outstanding and innovative ministry abound. One chaplain with a Marine Battalion became a key facilitator of medical care for an Iraqi infant with a birth defect. With the chaplain's assistance, the child received life-saving surgery in America creating a precious bond between a local neighborhood and that Marine unit. One Reserve Component chaplain provided faith group specific coverage throughout the Fifth Fleet, while a Reserve

Component RP was the leading petty officer in the Navy Central Command Chaplain's office. It is hard to describe any of these, or scores of others, as "backfill" or "the bench," they were very much the highly skilled and superbly trained "A-Team."

This story is repeated many times, at every pay grade, whether with the Coast Guard after Katrina, with the Marine Corps at home and abroad or with the Navy, our Reserve Component Religious Ministry Teams have brought unique insights, broad experience and extensive training to the fight for freedom's future.

Who are these Chaplains and RPs? They are local ministers, rabbis, priests and imams, they are campus and hospital chaplains, college professors, hospital administrators, teachers and first responders. They are members of every community. They are your friends and neighbors who know they are called to serve at home and called to RE-serve as RMTs to those people of God who don our countries sacred uniforms and risk all they have and all they are that we may be forever free.

First, please let me thank each and every one of you for your dedicated service in our great Navy. Do we look at the Navy Chaplain Corps as being those ministers that give religious services, invocations and benedictions at official functions?

If this is your understanding of our Navy Chaplains please allow me to unveil a more in-depth knowledge of the chaplain and Religious Program Specialist (RP) throughout not only the Navy but Marine Corps and Coast Guard as well. These dedicated men and women come from a variety of religious backgrounds providing assistance to our men and women in uniform, their families and communities.

They assist in many areas, from being with the CACO as we give the initial call to a fallen Sailor's family, personal counseling as we face life's changing issues, family counseling to help as we endure the stresses of relationships, or in our absence, assisting our families and us to understand and give all spiritual comfort during our deployments. We see them doing a wedding, but do we see them doing funerals; we see them giving services, but do we see them visiting Sailors/Marines in hospitals; we see them with families congratulating our military when they return, but do we see them on the ships, shores, jungles and many desert battle fields around the world giving services and comforting our

wounded and dying?

I think we have all seen how the chaplain and RPs impact our normal lives. Do we see them as spiritual warriors in peace and war where needed, regardless of life and limb as they do God's work? Their endless prayers go out for our military and their families. As for the RPs, not only do they perform administrative and religious programming tasks to support the chaplains, these dedicated men and women provide a deeper mission as combatants providing the physical protection for our chaplains in combat zones.

This brings me to the point where I would like to stress the importance of our spiritual readiness. We are all called to be "READY." Being ready is all encompassing; from physical readiness, to medical/dental readiness, to family readiness and yes, our spiritual readiness. Life around us does not stop when we are called to duty. We are not machines and those issues of life continue to go on. From loved ones diagnosed with serious illnesses, family members passing away, friends and family having accidents, births and relations stressed by deployments, we are all affected by circumstances in

life. Whatever faith you are, our Chaplain Corps and RPs stand ready to assist each of us and our families.

My concern is that we may not think to call on them as often as we should. I have always kept the point of contact information of the Chaplains AC/RC at each of my assignments. This has been my first line of contact anytime a Sailor or I need assistance. The appreciation for the counsel and guidance that the chaplains and RPs have given me in my 30 years cannot be expressed merely in words. To all the chaplains and RPs, please accept our heart-felt thanks and gratitude for your dedicated service. *God bless.*

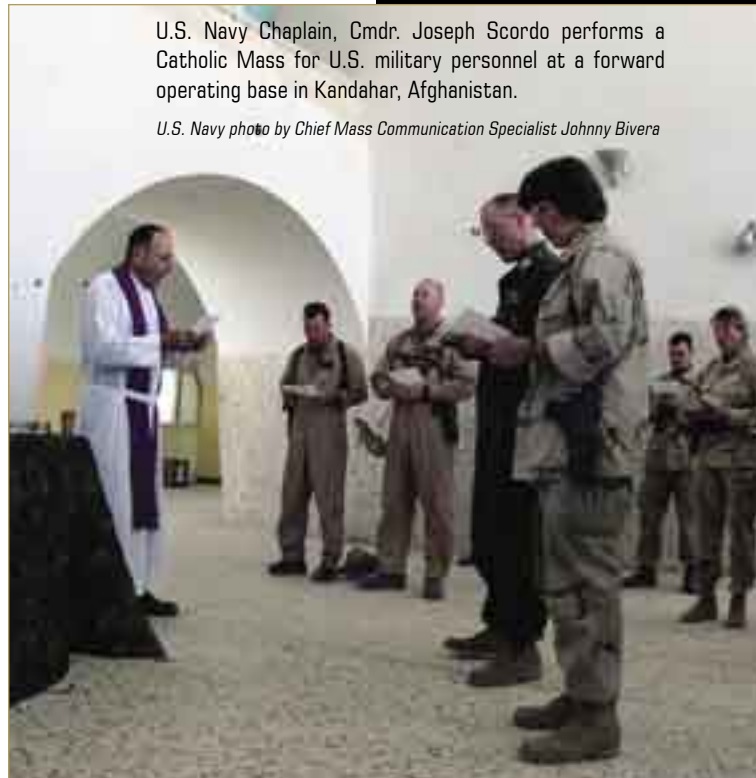


CMDCM
Kenneth Rummel
Command Master Chief,
Navy Reserve Forces Command

"Chaplain Corps and RPs stand ready to assist each of us and our families."

U.S. Navy Chaplain, Cmdr. Joseph Scordo performs a Catholic Mass for U.S. military personnel at a forward operating base in Kandahar, Afghanistan.

U.S. Navy photo by Chief Mass Communication Specialist Johnny Bivera





NCCM(AW/SW) Cynthia Blevins
Force Career Counselor,
Navy Reserve Force

Phraseology

Are you the type of leader who says what you mean and means what you say? Or, are you the type of leader who calls a meeting, with no agenda, expecting everyone there to know what is going on? Have you ever heard or even stated this yourself: "I assumed they knew the info. After all it's been out there for awhile now?"

Phraseology is the biggest communication tool when holding a meeting, writing an e-mail or just trying to get a specific job done within a work center.

How about these phrases? "If you didn't 'get it' then see me after the meeting. I don't want to waste any more time on this." Do you really think a junior Sailor would come to see you after feeling embarrassed at the meeting? Think about what you are saying, and never embarrass shipmates in front of others. Praise in public, disagree in private.

"It's always been done this way," is one of the oldest excuses in the book. Why not be a front runner and simply go to the manuals and confirm the appropriate way to do whatever needs done. Do the job right the first time and you won't have to do it again.

"It's always easier to ask forgiveness than ask for permission." While it is easier to ask for forgiveness than permission, consider how many man hours have gone into the project that will be considered wasted?

Or, as a supervisor, have you ever asked: "Why did you do it this way?" Did you give clear and concise directions on what you wanted done? If your directions are unclear, don't expect the Sailor to complete the job as you requested.

Are you the type that "Shoots from the hip?" Do you feel that you need to interject unsolicited information to a discussion to become part of the team? In the end, do you only wind up shooting yourself in the foot? Be part of the team by ensuring you have pertinent information to share.

Think before you speak.

Phraseology helps keep lines of communication open.

Don't use phrases you would use in an e-mail while at a meeting. Make your conversations easy to understand, and to the point.

"Now, is everyone on the same page?"

As always, e-mail me at cynthia.blevins@navy.mil for information or comments about this or other information you may need.

The Definition:

Phraseology is a scholarly approach to language which developed in the 20th century.

In linguistics, phraseology describes the context in which a word is used. This often includes typical usages/sequences, such as idioms, phrasal verbs and multi-word units. Phraseological units are stable word-groups with partially or fully transferred meanings (e.g., "to kick the bucket").

A noun, meaning a choice of words and the way in which they are used, the manner in which something is expressed in words.

"use concise military verbiage"

- Gen. George S. Patton



Capt. Gregory G. Caiazzo
Force Chaplain,
Navy Reserve Force



Tooting Our Own Horn

I love to see other people rewarded. I enjoy seeing them recognized for their accomplishments and growths.

In fact, I usually go out of my way to celebrate the individuals who do a good job and go above and beyond what is expected. It shows a real sense of ownership in the mission and sense of dedication to what we are really about. It also causes me to ask, "Why do they do it?" What motivates an individual to go that extra mile or out of their way for another person or a specific cause?

It is easy to say that it is out of a sense of duty but ... It has to be more than that.

When we raised our hands and promised to "... support and defend the Constitution," whether we realize it or not, the Navy made a promise to us as well.

First, to give us a worthwhile mission congruent with our country's vision. It promised to educate and challenge our intellect to grow. It also promised we would be provided with the right equipment to make it all happen. This covers a place to live and the clothing necessary to sustain us. It also promised to nourish our spirit.

What was that last one; "Nourish our spirit?" What does that have to do with the Navy? Actually, everything. The other things are very necessary but without the "spirit" of an individual the rest of it does not fall into place, it just remains disjointed. The spirit of an individual brings it all together and gives it balance.

Just like we have people who provide for the other things in life, we also have men and women who are there specifically to nourish that spirit.

Our Navy Chaplain and Religious Program Specialist (RP) Team is there to do this full time. We bring a human face to the institution and provide the one place where you know you can always come for an understanding ear and a helpful hand.

We're not just called to a "job" but each of us has a "vocation," a calling to serve our people no matter where we are and ever since 1775, we have been doing just that. In every battle or any place where Navy, Marine, or Coast Guardsmen and women serve, side by side, these men and women of God are there for counsel and help. Some have even gone a step further and made the ultimate sacrifice for their people. Nice to know, isn't it?

Our Reserve Component Navy Chaplains and RPs have continually balanced jobs, congregations, parishes, synagogues, mosques and religious professorships to support our people.

In this present conflict in Iraq and Afghanistan our military has been tested as never before and our Navy Reserve has been called on to fully integrate into the Active Component of the Navy to bring about an honorable peace and rebuild a just society. Almost 70 percent of the Selected Reserve of the Navy Chaplain Corps have joined that quest providing the religious sacraments and ordinances of their denomination, giving counsel to wounded Marines, encouragement to Sailors and an understanding ear.





The Heart of the Matter: Motivation

by Cmdr. Patricia Brady, MSC USNR
NR Center for Naval Leadership

What makes someone want to be a Reservist? Why does each member of a unit spend at least 16 hours a month away from their home and family? Why does each member stay with a unit? In other words, what motivates your people?

Sure, it's easy to say it's the paycheck or the retirement. But I don't think it's that simple. Many Sailors take a cut in pay on annual training or even a drill weekend. And our time spent on Reserve requirements is certainly not for lack of something better to do. We all have lives packed with commitments and we're constantly squeezing in the 12 weekends and two weeks of Reserve duty around work, vacations, graduations, birthday parties, perhaps school and the list goes on.

Leadership training always includes motivation and we inevitably review Abraham Maslow's *Hierarchy of Needs*. His theory is essential to any discussion on motivation, but often our discussions stall at just differentiating our physical and safety needs from the psychological and social needs. It's just those psychological and social needs and the ultimate self-actualization, that need to be tapped into.

In their book, "The Leadership Challenge," James Kouzes and Barry Posner state that having challenging, meaningful and purposeful work is the key reason people work where they work. They emphasize that the main way people measure their own success is by personal satisfaction, not just to get ahead or make money. The authors go on to say people deeply want to make a difference and know they have

contributed in some way. In recent years work has become the place to pursue this purpose and it contributes to individual identity.

A great resource on motivating skills is available online from the University of Oregon Leadership Resource Office (<http://uoleadership.uoregon.edu>). It reviews the four main motivating factors: accomplishment or achievement, recognition, power and affiliation.

Additionally, the Leadership Resource Office provides the basic key steps that are generically useful to motivate people:

- Use people's names and know the people in your organization.
- Listen and be respectful.
- Be honest, fair and consistent in your dealings with people.
- Keep people informed.
- Build prestige into your organization's jobs with appropriate titles and authority.
- Create a mentoring environment between senior and junior personnel.
- Provide honest feedback.
- Involve people in goals and decision making.
- Use teambuilding activities to keep meetings and committees energized.
- Serve food or have social events outside of work.
- Remember it's a two-way street; leaders can enhance motivation, but each person must also take responsibility for their own inner motivation.



Graphic by Bryan Bordonon

Creating a motivating environment will be unique to each leader, each unit and each individual member. As the Navy Reserve becomes a leaner organization, we'll all need to look inside and answer, "why do I want to be a Navy Reservist?" then work as hard as we can to make it happen for ourselves and our fellow Sailors.

The TNR Mail Buoy will get your answers from RC leaders monthly to satisfy your curiosities and quell rumor mills. Send your questions to NAVRESFOR_TNR@navy.mil.



Question: Can a Sailor wear a head covering or some other religious device while in uniform?

Answer: The answer to your question is a qualified "Yes." The subject is discussed in SECNAVINST 1730.7C under Accommodation of Religious Practices. DON policy is to accommodate religious observances that do not "have an adverse impact on military readiness, individual or unit readiness, unit cohesion, health, safety, discipline, or mission accomplishment."

Like many decisions that revolve around how things impact readiness and mission, the ultimate decision lies with the individual commanding officer (CO). So, the answer is "Yes, provided the CO approves and feels it won't impact readiness and mission concerns."

Here are some guidelines the instruction gives to help COs in making a decision.

- If you can't see something outside a uniform and it doesn't interfere with normal duties or wearing a uniform then it is generally okay.
- If you can see it then it has to be CO approved and it has to be "neat and conservative" and not impede performing military duties.
- Neat and conservative items are defined as being discreet, tidy, not showy in style, size, design, brightness, or color. They are items that do not replace or interfere with proper wearing of any authorized article of the uniform. They are items that are not temporarily or permanently affixed or appended to any article of the uniform.
- Religious articles may never be worn when wearing historical or ceremonial uniforms or performing ceremonial duties.
- Servicemembers may wear any required religious apparel distinct to their faith group with the uniform while in attendance at organized religious services.



Lt. j.g. Derek Cedars celebrates Jewish Passover aboard the USS Harry S. Truman (CVN 75).

U.S. Navy photo by Mass Communication Specialist Seaman Dustin R. Gates

So, basically, if you are at an organized religious service you can wear what you need to in order to worship. If you are simply on the job, then it is up to the CO to decide. If it doesn't keep you from properly wearing your uniform, properly doing your job, or is a health or safety issue to you or someone else, then your CO will probably say it's okay to wear. Always keep in mind that being in the Navy is not about securing your freedom of religious expression, it's about securing that right for the

nation we serve. Sometimes, in accomplishing that mission, we must curtail our own needs temporarily in order to make sure that they are available to everyone eternally.

Lt. John B. Sears, CHC, USN
CCPO Program Director

USS Ronald Reagan (CVN 76)
Sailors watch a burial at sea of two military veterans in the Pacific Ocean.

U.S. Navy photo by Mass Communication Specialist 3rd Class Joanna M. Rippee



PROFILES IN PROFESSIONALISM

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, navresfor_tnr@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

Hometown: Detroit, Mich., raised in Monrovia, Liberia.

Brief description of your job: Leading petty officer II MEF FWD chaplains offices.

What has been your greatest Navy achievement: Being deployed to Lanstul Army Regional Medical Center as a part of the Marine Liaison Team.

Who has been your biggest influence since joining the Navy: Master Chief Religious Program Specialist Martin Negron.

What do you enjoy most about the Navy: I have the opportunity to make a difference in someone's life regardless of the rank/title, circumstance or environment on a daily basis.

Most interesting place visited since joining the Navy: Heidelberg, Germany.



Religious Program Specialist
1st Class(FMF/SW)
Sharon Santana

Hometown: Stem, N.C.

Brief description of your job: I provide personal security along with administrative support for a Navy chaplain in a combat environment, serving alongside the Marines.

What has been your greatest Navy achievement: Earning my FMF Pin while in Iraq.

Who has been your biggest influence since joining the Navy: Religious Program Specialist 1st Class Brett Baldree for encouraging me and being a mentor during the early days of my RP career.

What do you enjoy most about the Navy: The camaraderie among Marines and Sailors as we work toward a common goal.

Most interesting place visited since joining the Navy: Beach Resort in Qatar.

Current hobbies: Spending time with my family, running, bicycling, carpentry and working on outdoor projects.



Religious Program Specialist
1st Class(FMF)
Kevin Rumsey



U.S. Navy photo by Mass Communication Specialist 2nd Class Kurt Eishen

Culture of Fitness

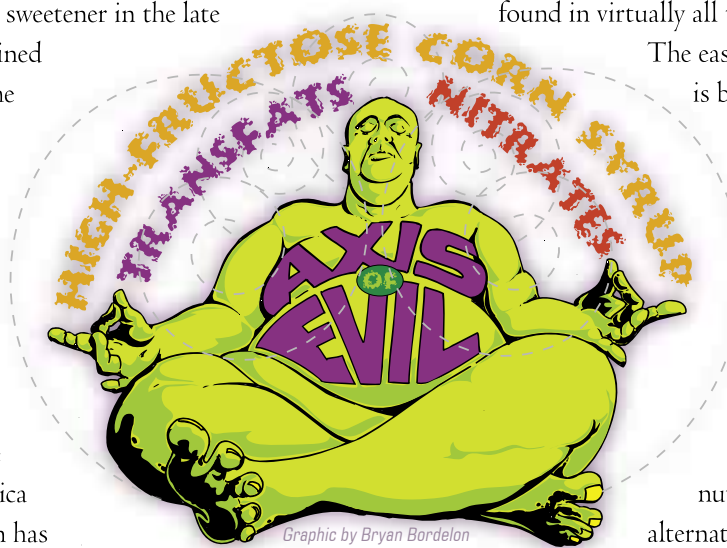
Story by Miranda Bashaw,
spouse of Lt. Adam Bashaw
Part Three of Three

Axis of Evil: High Fructose Corn Syrup

By now, most people are aware that a healthy lifestyle begins with regular exercise and a healthy diet. We should be eating diets of whole grains, vegetables, fruits, lean proteins and healthy fats while avoiding excess fat and sugar. Many have recently learned the dangers of trans fats as an example of unhealthy fat, but what about sugar? Sugar goes beyond the white stuff we put into our coffee or tea in the morning. One type of sugar, high fructose corn syrup (HFCS), is found in many processed grocery products and is possibly worse for you than common table sugar.

number of processed foods, some researchers believe the obesity problem, which itself leads to many medical problems from joint pain to diabetes and some cancers, goes beyond calorie consumption. Some health experts believe HFCS actually acts differently than beet or cane sugar in the body. One theory states HFCS dulls the body's ability to recognize when it's full and makes a person want to eat more. Though this theory has not been scientifically proven, the evidence to back it is persuasive.

According to the Corn Refiners Association, HFCS was first used as a sweetener in the late 1960s. It was further refined during the '70s, and by the '80s, HFCS was being used as the primary sweetener by soft drink manufacturers in the United States. The Center for Disease Control and Prevention states it was also during the '70s and '80s that the obesity epidemic in America took off. This correlation has caused some scientists to begin looking more closely at HFCS and how it affects the people who consume it.



Graphic by Bryan Bordelon

So how can consumers avoid something that is found in virtually all types of processed foods?

The easiest way to avoid HFCS is by reading ingredient lists on food and beverage labels and opting for foods without it. Also, become aware of alternatives. While avoiding any added sugar is perhaps ideal, natural sugars are believed by many nutritionists to be a better alternative to HFCS. Examples of natural sugars are honey, cane juice, maple syrup and fruit or fruit juice.

HFCS is in many processed foods—cereals, ketchup, breads, fruit juice drinks, yogurt—not just soda. And while it is true that portion sizes have increased and we are consuming an ever-increasing

As always, the foods we eat affect our health. Reading ingredient lists and avoiding HFCS may just be one other way for you to stay healthy and stay within the Culture of Fitness.

Focus on Families

by Pat Nicholson,
Force Family Support Program Manager

Emotional & Spiritual Support

Assisting families in preparing for mobilization or deployment is an ongoing process for the ombudsman working with families of Reservists.

These families for the most part live the life of civilians so helping them understand the military process is crucial.

The command ombudsman will have a tremendous amount of information and resources that can assist the service member and family. If you need additional information regarding the ombudsman program in your area, contact your command for assistance.

Ombudsmen are trained volunteers dedicated to assisting and helping families with issues that arise due to the military lifestyle.

The chaplain and ombudsman often work

together to help families through crisis. Both offer confidentiality to the families and have valuable resources available to help. Chaplain Care is the Chaplain's Web site (www.chaplaincare.navy.mil) and it has a variety of resources available. One particular area of interest is the Spiritual Fitness Division. This program is to assist Sailors and their family members to gain personal and social strength by living healthy spiritual lives. It

is accomplished through personal and spiritual growth retreats, marriage enrichment retreats and other functions throughout the year. All military personnel (Active, Reservist, Retired) and family members are eligible to participate in the program. Also, if you would like to speak to a chaplain contact your command for assistance.

The continuous fight of the Global War on Terror

may be a longtime

commitment for everyone.

The return and reunion is often a joyous occasion but can be very stressful.

The chaplain is there to help you through these times of separation and the return and reunion process. After the family reunites from deployment/mobilization it will take time for everyone to readjust.

While the servicemember was away, each member of

the family may have changed roles to compensate for the absent servicemember. Don't hesitate to contact a spiritual leader to guide you through the process. They have knowledge of a variety of services and organizations available for families to use to assist through this process. Remember, you are not alone and there are many resources to assist you in coping during these difficult times. **TNR**



Commander 7th Fleet Chaplain, Capt. Bill Devine, performs the first documented baptism aboard the amphibious-command ship USS Blue Ridge (LCC 19). The ceremony took place during Catholic Mass, where Cmdr. Greg Ulsen's daughter is being baptized as her mother holds her. Blue Ridge is the 7th Fleet command ship and is permanently forward deployed to Yokosuka, Japan.

U.S. Navy photo by Mass Communication Specialist 3rd Class William J. Davis

New Orleans Recognizes Local Military

by Lance Cpl. Frans E. Labranche,
Marine Forces Reserve

NEW ORLEANS — The New Orleans city council recognized Marine Forces Reserve (MarForRes) and its local servicemembers in a joint service ceremony in the council chambers on Nov. 16.

The ceremony highlighted the council's proclamation making Nov. 16 Military Day in the city.

Representing MarForRes was Col. Jim Kinnerup, MarForRes chief of staff, the MarForRes band and Marines from various MarForRes departments.

The ceremony included awards from Mayor Ray Nagin's military advisory committee for outstanding community service to a member of each branch of the armed forces.

Receiving the Exceptional Military Service Award for MarForRes was Force Reserve Religious Program Specialist, Religious Programs Specialist 2nd Class Jennifer Woldeselassie.

In the aftermath of Hurricane Katrina, Woldeselassie organized coat and food drives for evacuees in Kansas City

while continuing to do her normal job.

When MarForRes returned to New Orleans, she volunteered her time away from her office to help gut homes, build fences and paint the Louisiana Children's Museum for its re-opening.

"I didn't volunteer to get an award," said Woldeselassie. "I know a lot of the people here, and to me, it was just taking care of family; the same way anyone takes care of their own."

Kinnerup was happy to see the award earned by a command member.

"We encourage Marines and Sailors to become part of the community," said Kinnerup. "It is absolutely great that she (Woldeselassie) took her own time to volunteer."

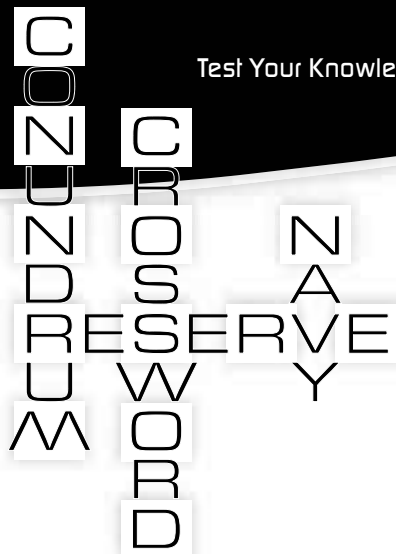
Whether we are permanent or temporary citizens, we have to recognize our responsibility to make the city better in anyway we can."

TNR

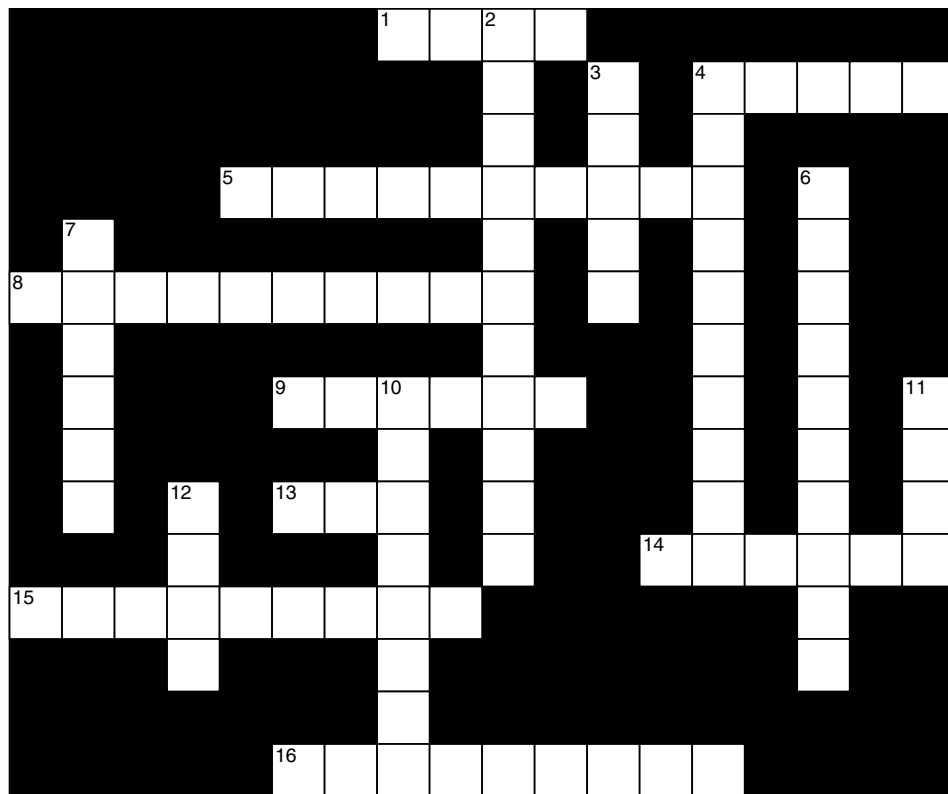


(l to r)
Councilman
Oliver M. Thomas, Jr.,
Religious Program
Specialist 2nd
Class Jennifer
Woldeselassie,
Mayor of New
Orleans, J. Ray Nagin
and
Col. Jim Kinnerup

Test Your Knowledge of the Navy Reserve



Conundrum Solution
on page 33.



ACROSS

- 1 Chaplain Canidate Officer Program(abbr.)
- 4 Length(in weeks) of CREST School
- 5 Taking the Helm subject matter
- 8 Provide for all; _____for Others and Care for All
- 9 Integrated Force
- 13 Month of Memorial Day
- 14 CNRF Admiral
- 15 Chaplain Often Works with _____ to Help Sailors Through Crisis
- 16 Age of Navy Reserve

DOWN

- 2 Helps keep communication lines open
- 3 Every _____, Every Place
- 4 Chaplain Corps Forum
- 6 Navy's Fourth Highest Honor
- 7 Nickname of H.C. Barnum
- 10 New Orleans Mayor shown on page 12
- 11 High Fructose _____ Syrup
- 12 Number of inches rating badge placed below shoulder

"The Marine fell on me and began to cry. It wasn't me he saw, it was the uniform and the cross. It was at that moment I realized how the job I have is so much bigger than I am."

The Team Supreme

by Mass Communication Specialist
1st Class Rob Kerns

RP1 Victor L. Koon
U.S. Marine Corps photo
by Sgt Jason L. Jensen

Lt. Abuhena Saif Ul Islam
U.S. Navy photo by
Mass Communication Specialist 1st Class Shane T. McCoy

RP2 Leonel Torrente
U.S. Navy photo by Mass
Communication Specialist
2nd Class LeQuisha Davis

RPSN Derek Arnold
U.S. Navy photo by Mass
Communication Specialist
Seaman Shannon E.
Renfro

Ensign Laura Montoya
U.S. Navy photo by Mass Communication
Specialist 3rd Class Matthew D. Leistikow

L

t. Cmdr. Tim White deputy force chaplain Commander Navy Reserve Forces Command (CNRFC)

recalled how he gave comfort to a lance corporal following an attack on his unit in Iraq.

When White replays this moment he is overwhelmed with emotion remembering how he was able to help the young Marine deal with the loss of those in his unit.

It's experiences like this that show the importance of the Navy Chaplain Corps

and how they are making a difference in fighting the War on Terror.

Chaplains and their religious programs specialists (RP) are the spiritual warriors of the Navy who bring spiritual support to servicemembers in the field, on ships and at shore facilities.

"We like to think of ourselves as 'every faith, every place,'" said Chaplain Candidate Program Officer Program Director Lt. John

Sears, a Navy chaplain stationed at CNRFC.

There are more than 250 faiths represented by the Chaplain Corps. The corps serves the U.S. Navy, Marine Corps, Coast Guard, and Merchant Marine Academy.

The presence of Navy chaplains in the Global War on Terror helps servicemembers from a variety of faiths deal with the unique stressors they may encounter on the frontline.

"We try to bring a special

presence in times of chaos," said Special Assistant to Chief of Navy Chaplains Capt. Stephen Bird. "There are times when having a chaplain nearby provides comfort to those involved in the conflict."

According to White, there are several different jobs in the Navy providing comfort to those in need but the chaplain provides comfort on a level others can not.

"Every chaplain in the

RP3 Thia Pham
U.S. Navy photo by Mass Communication
Specialist 3rd Class Jane Slater

Lt. Kenneth W. Nielson
U.S. Marine Corps photo by
Staff Sgt. Jim Goodwin

Lt. Kenny Lee
U.S. Marine Corps photo
by Sgt. Clinton Firstbrook

Jewish Chaplain
U.S. Navy photo

"...seeing a Jew and Muslim working and traveling together, in that part of the world, sent a tremendous message of hope."

Navy has had training on assisting Sailors on their spiritual journey," said Sears. "We are all required to have a master's degree with a minimum of 72 semester hours which includes 36 hours of theology/ministerial studies."

Serving alongside the Navy chaplain is the RP. They are required to possess a wealth of skills crossing

several different rates.

"We are the quintessential 'jack of all trades,'" said Religious Programs Specialist 2nd Class Amy Uffhausen. "Our job requires us to have skills in the yeoman and storekeeper ratings just to name a few. We are also required to maintain a weapons qualification in both the M-16 rifle and

9mm pistol."

These weapons qualifications are necessary as they are the life line for the Navy chaplain. Since chaplains are not allowed to carry any type of firearm, it is the responsibility of the RP to serve as a bodyguard for them.

"The RP is not only essential to our survival, but they are also imperative to

every aspect of our work," said White.

In the Global War on Terror, religious ministry teams are constantly on the move providing spiritual guidance to those on the tip of the spear and, in some cases, spread a message of peace.

While Uffhausen was deployed to Kuwait in 2003, she was assigned to assist a Muslim Chaplain. Traveling with them through the region was a Jewish Chaplain.

"To me, seeing a Jew and Muslim working and traveling together, in that part of the world, sent a tremendous message of hope," said Uffhausen. "It was truly inspiring."

During their tours, the RPs aren't tied to working only in one faith. During Uffhausen's many tours in Kuwait, she's worked with the Roman Catholic, Episcopal, Lutheran, Seventh Day Adventists, Jewish, Church of Jesus Christ of Latter-day Saints and Buddhist faiths.

"I am never bored," said Uffhausen. "I couldn't think of a better rate to be in."

Whether in a base chapel in middle America or a bunker in war-torn Iraq, the Navy chaplain and RP are there to serve the spiritual needs of those who serve.

TNR



WEARING CHARLIES

BACK TO BASICS

by CNRFC Public Affairs

*U.S. Navy photos by
Mass Communication Specialist 2nd Class Kurt Eischen*

*Aptly demonstrated by:
Religious Program Specialist 1st Class Brett Baldree and
Religious Program Specialist 2nd Class Jennifer Woldeeslassie*

Not to scale, representational only.

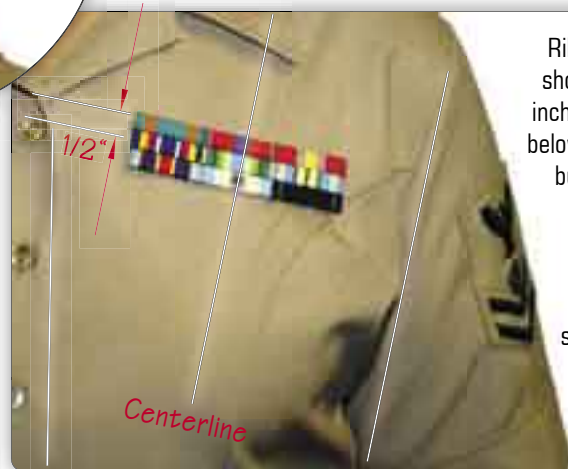
There are times when Sailors may find themselves assigned to U.S. Marine Corps units. These Sailors will have to embrace the joint mentality and wear the Marine Class Charlie uniform in accordance to Marine Corps regulations while wearing it with the Navy rating badge. Therefore, this issue we offer the proper wear for this contingency.



FEMALE



The cover should fit firmly on the head, hair tucked away neatly with no pins showing.



Ribbon rack should be $\frac{1}{2}$ inch above or below the top button and centered between the seam of the sleeve and center line of shirt.



The bun must sit above the bottom of the collar. It should be neat in appearance with no pins showing and should not obstruct headgear.

Rating badge placed should be four inches from the top seam of the sleeve.

$\frac{1}{2}$ "
 $\frac{1}{2}$ "

KNEE LINE

Skirt should be $\frac{1}{2}$ inch above or below knees and stockings must be flesh colored.

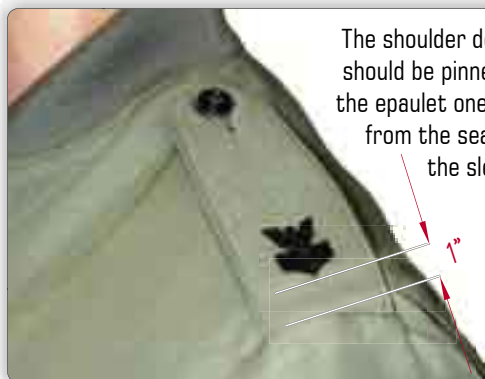
4"

PULL-OUT

MALE



Rating badge should be placed on the front side of the sleeve crease.

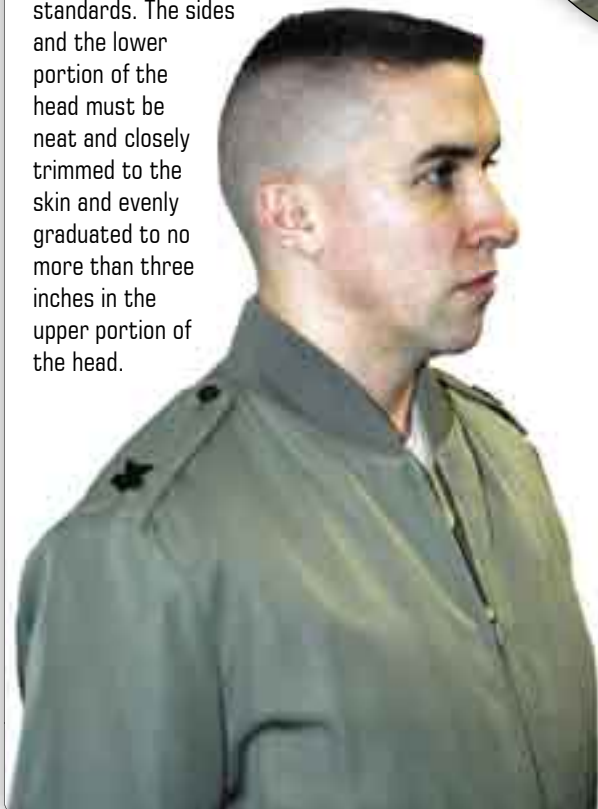


The shoulder device should be pinned on the epaulet one inch from the seam of the sleeve.



The ribbon rack should be 1/8 inch from the top seam of the pocket.

The hair must be groomed in accordance with Marine standards. The sides and the lower portion of the head must be neat and closely trimmed to the skin and evenly graduated to no more than three inches in the upper portion of the head.



The cover should fit naturally around the largest part of the head.



CCPO Trains Future Spiritual Warriors

Story by
Mass Communication
Specialist Seaman
Amie Roloson

*Somewhere
in the midst
of numerous
lectures and
tremendous
study hours,
the young*

*seminarian may
find himself in
conversation
with a U.S.
Navy officer
recruiter.*

Perhaps the young scholar has served in the military before and has planned on serving as a Navy chaplain. Maybe the prospect has never occurred to him, but the opportunity of ministry uniquely combined with service to his country is appealing. Either way, both students will find becoming an officer and chaplain in the Navy can easily fit into a class schedule.

The Chaplain Candidate Program Officer program (CCPO) is a one of a kind program designed to recruit people who are in, but have not yet completed, seminary. It allows students to train during their summers, preparing them to enter the chaplain corps after graduation and any other requirements of their faith are completed.

While people can still receive a direct commission after completing seminary, the CCPO program offers training and opportunities that may better prepare a student for the chaplain corps.

"The program makes better chaplains," said Navy Chaplain Lt. Frank T. Ropnik III. "Since you get a taste of military life before becoming a chaplain you're confident that's what you want to do."

Command Chaplain, Cmdr Robert Williams, delivers the evening prayer to the USS George Washington (CVN 73) crew before "Taps" over the 1MC intercom.

*U.S. Navy photo by Mass Communication
Specialist Seaman Andrew Morrow*

RIGHT: Cmdr. Mitchell Schranz, a rabbi and a chaplain with Multi-National Forces-Iraq, conducts a Chanukah service.

U.S. Navy photo



Before entering the program a student must submit a package to the Chief of Chaplains' Office where it goes before the Chaplain Appointment and Recall Eligibility (CARE) board.

"CARE decides, based on the record, whether the applicant is a good candidate for the chaplaincy," said Senior Chief Religious Program Specialist Rick Flournoy, the CCPO detailer responsible for scheduling candidates for training once they are accepted to the program. With approval from the CARE board and the candidate's faith group, the recruiter is then able to send the package on to Washington, D.C. for final approval. Once the candidate is commissioned, the candidate then enters the program as an ensign in the U.S. Navy.

Training begins with a three-week orientation at the Navy Chaplain School in Newport, R.I., where candidates learn about Sailorization. After initial military training the candidate must attend a four-week field training experience allowing the candidate to work in the field or fleet under the supervision of a chaplain. Similar training is offered every summer until graduation.

"We get the candidates out in the field as much as possible," said director of the CCPO program Chaplain Lt. John Sears, who received his commission through the program. "If we up their experience level, we feel it will up their identity as a future chaplain and it will increase the chance that they





LEFT: U.S. Navy Chaplain, Lt. Cmdr. John Denton visits with U.S. Marine Corps. Cpl. Marco Chavez while in the casualty receiving area of Fleet Hospital Three (FH-3).

U.S. Navy photo by Chief Mass Communication Specialist Al Bloom

BOTTOM: Chief Electronics Technician Geoffrey Ormston is immersed in the waters of Apra Harbor, Guam by Chaplain, Lt. Cmdr. Richard Inman during a baptismal ceremony on Easter Sunday.

U.S. Navy photo by Lt. Cmdr. Bob Meeker

RIGHT: Chief of Navy Chaplains, Rear Adm. Louis V. Iasiello, left, watches with Commander, Naval Reserve Force, Vice Adm. John G. Cotton as newly commissioned Ensign Jeanette Gracie Shin signs her Oath of Office paperwork in the Pentagon. Shin is the first Buddhist Chaplain in the Department of Defense.

U.S. Navy photo by Damon J. Moritz



do go on to become a Navy chaplain.”

Training time will vary depending on the candidates’ faith group. A Protestant typically attends seminary for three years, while a Jewish seminarian will remain in school four years. During this time candidates can also choose to drill without pay at a Navy Operational Support Center (NOSC) for additional experience.

While in the program, candidates are considered Individual Readiness Reservists (IRR) and are not required to drill and cannot be deployed or mobilized.

An important aspect of the training is that it

provides candidates with a well-rounded experience. It is important that chaplains have cross-service training since Navy chaplains serve the Navy, Marines, Coast Guard and the Merchant Marine Academy. It is also not uncommon for Navy chaplains to come in contact with the Army and Air Force. Typical candidates will have on-the-job training with both the Navy and Marines. Often candidates with a prior military experience will have an even more varied experience.

“If a candidate has been an Active Duty Marine I want to send them to sea, out with the Seabees, or to the Coast Guard, and if they

were Active Duty Navy I may send them to base chapel or the Marines,” said Flournoy. “If they were in the Air Force I try not to send them to an Air wing of any sort. I want candidates to minister to people they aren’t necessarily accustomed to being with.”

Candidates are not only trained to minister to different branches of service, but have to be prepared to assist servicemembers of different faiths. The Chaplain Corps motto is “Provide for your own, facilitate for others and care for all.” Sears explained the meaning of the phrase.

“Being a chaplain can be a balancing act between

***“Provide for
your own,
facilitate for
others and
care for all.”***



your right and left collar," he said. "As a Protestant chaplain I may only be able to hold a service for Protestant servicemembers. But the Navy requires I make sure the spiritual needs of all troops are met."

"I've been in circumstances where I've had Jewish Marines in the unit I was serving. While I may not be able to hold a service for them I can make sure they have the materials, time and place they need to worship," said Sears.

Rupnik said it is certainly not a challenge to care for servicemembers, regardless of what faith background they come from.

"No matter what, nothing

changes how I treat the troops or how I care for them," said Rupnik.

Once CCPO program candidates have finished seminary and completed all requirements of their particular faith group or denomination a final package is submitted to the CARE board. The board will evaluate what the candidate has done while in the CCPO program, their fitness reports and then ultimately determine if that person is a good candidate to go into the Navy. Following a positive assessment from CARE and final recommendation from their faith group the new chaplain will be issued orders



to either Active Duty or the Reserve.

"As a Reserve chaplain I have the best of both worlds. I'm able to serve God in both my church at home and through serving my nation," said Rupnik who is the pastor of Bethel Murdoch Presbyterian church in Loveland, Ohio.

Rupnik said he thinks being in touch with their civilian counterparts makes Reservists excellent chaplains.

There are currently 160 people in the CCPO preparing to be the future, spiritual caretakers of the men and women serving in the armed forces. The many weeks they dedicate to

becoming a Navy chaplain are hours that Sears said are well worth it.

"This is the greatest job ever," said Sears. "When I put the cross on I feel grace and thankfulness. When I put the uniform on, I feel proud. I feel pride because of the people I served next to and the heroes I have prayed over fighting the War on Terror."

For the 160 men and women in the program, the opportunity to bear the symbol of their faith on the uniform of the world's greatest navy, to walk proudly beside fellow servicemembers, and to serve our nation's heroes has already begun.

TNR



death

divorce

children

advancement

9-11

DEADLINE

DUTY

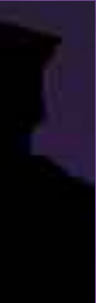
COMMITMENT

deployment

MORALS

MONEY





n the Global War on Terror, Navy chaplains in combat zones are playing a key role in healing wounds that doctors and corpsmen are unable to treat.

The chaplain's role includes taking care of invisible injuries deep within the minds of Sailors that, many times, require more attention than just a simple bandage.

To assist chaplains in this mission the Expeditionary Combat Readiness Center (ECRC), a component of Navy Expeditionary Combat Command, has started the Warrior Transition Program.

Originally developed by the Marine Corps, the program offers seminars intended to help reduce the negative side effects of being in combat zones and being deployed, to focus on restoring the body, mind and spirit to a stable emotional state.

Chaplain Capt. Debra McGuire, an NECC Force Chaplain explains how the seminar allows Sailors to cope with whatever they have experienced while in combat before redeploying to the states.

"This seminar gives Sailors who need it, the opportunity to talk in a group of people with the similar experience of trying to get back home into a routine with family. It's important to be able to share that combat experience with others who understand where you are coming from," said McGuire.

The chaplain's goal is to help as many Reservist Sailors they can courageously re-enter civilian life. It also helps those headed to the combat zone prepare for the mental stress they might encounter.

"A chaplain looks at the emotional and spiritual needs of a Sailor in a manner to help them

rejoin their love ones," said McGuire. "This is done by letting the Sailor share their experiences in an open forum, which is something a medical officer is unable to provide."

As the combat zone becomes more of a joint forces atmosphere the chaplain's ministries has also become a "purple" force.

"All branches of service are providing ministries to all the branches personnel," said McGuire. "Navy chaplains have become so engaged in their ministry that they are connecting and joining forces openly with other branches to make sure the services they're providing is beneficial to the Sailor."

The role the chaplains play in Warrior Transition is crucial and important in assisting individual augmentees and ensuring they are properly taken care after serving their time in combat.

TNR

CHAPLAINS HEAL COMBAT FEARS

by Mass Communication Specialist 3rd Class Kenneth Ray Hendrix,
Fleet Public Affairs Center Atlantic

"A chaplain looks at the emotional and spiritual needs of a Sailor in a manner to help them rejoin their love ones."

by Mass Communication Specialist
1st Class(SCW) L.A. Shively,
Navy Office of Community
Outreach Public Affairs

Chaplain Corps Leadership Charts Course For The Future

Rear Adm. David H. Buss, chief of staff, Navy Enterprise, Office of Chief of Naval Operations, challenged the chaplaincy to develop a scientific methodology that will measure success of spiritual leadership.

"We ought to ask ourselves what can and should be measured. I think it's a healthy conversation to have because we may be surprised by the answers. A conversation with our customer — and I have to word that as a conversation with our country — is enterprise thinking because ultimately, at the end of the day, the American people are our customers," Buss said.

"What do our customers say? Are their religious needs and requirements being met and what is their degree of satisfaction? I think you can measure that," said Capt. Stephen Linehan, chaplain for the Marine Corps Base, Kaneohe, Hawaii.

He explained part of the symposium would be devoted to identifying those needs and articulating the participation of the Chaplain Corps in the sea services as they fit with the American maritime strategy of the future.

"Bringing insight, understanding and wisdom based on our religious strengths and traditions — we can help shape and transform the focus," Linehan said. **TNR**

of Naval Operations') initiatives. This is a very significant year for us

because senior chaplains will be wrestling with formulating a new vision statement," said York.

Vice Adm. John G. Morgan, Deputy Chief of Naval Operations for Information, Plans and Strategy said he is looking forward to the results the symposium will bring.

"The collaboration between our Navy, Marine Corps and Coast Guard chaplain leadership is very good right now. The dialogue between leadership goes on every day. For my part, I can hardly wait to see the results I know are coming out of this incredible team effort. This SLS will give you an opportunity to join in the discussion and deliberations," said Morgan.

Topics discussed included strategic enterprise, globalization, homeland defense and the Chaplain Corps' role in supporting the War on Terror. York explained that leadership will be able to return to their commands and share a clear picture of events in Washington.

SAN ANTONIO, Texas — Navy, Marine Corps and Coast Guard chaplains met to chart the course for the role of the Chaplain Corps in the sea services of the future at their annual Strategic Leadership Symposium (SLS) Feb. 12-14.

The symposium, which began in 1999 and is sponsored by the Chief of Navy Chaplains Office, is an opportunity for Chaplain Corps leadership to receive briefings on policy initiatives and programs for the three sea services.

"We frame policy influencing religious ministry based on the presentations and updates we get from our senior leaders," said Capt. Lorenzo York, special assistant to the chief of Navy chaplains for communications and community liaison.

"We're focusing on the mission and how we can maximize the resources of chaplains and religious program specialists to support the (Chief

U.S. Navy photo by
Mass Communication Specialist
Seaman Mandy McLaurin



MCPON Addresses Chaplain Corps Senior Leaders

Story by
Senior Chief Mass
Communication
Specialist (SW/AW)
Bill Houlihan,
Master Chief Petty
Officer of the Navy
Public Affairs

SAN ANTONIO, Texas — Master Chief Petty Officer of the Navy, Joe R. Campa Jr., addressed more than 150 Navy chaplains and senior religious program specialists (RPs) Feb. 13 as part of the Chaplain Corps' Strategic Leadership Symposium.

Campa, who also spent an afternoon visiting with injured Sailors recovering at nearby Brooke Army Medical Center, stressed maintaining the strong relationship between chaplains and the Navy chief's mess. In his remarks, he said that uncertain times for Navy families underscores the need for a proactive support network.

"In this age of individual augmentees and surge deployments, we need your connection to the Sailors and their families to be stronger than ever before," Campa said.

The Strategic Leadership Symposium is an annual gathering of senior chaplains and RPs that was originally convened to provide senior leaders an opportunity to contribute to strategic initiatives and receive updates from the Navy's Chief of Chaplains Rear Adm. Robert F. Burt.

Campa recently addressed the congressional subcommittee on quality of life and veterans affairs and echoed many of the same themes to the San Antonio audience.

"Our families need to have faith in us as an institution and as fellow Sailors. They must know in their hearts that our policies are created with their best interests in mind," Campa said. "As chaplains, you know that your words can inspire and guide our Sailors. As officers and chiefs you also know that it is our actions that will make the difference in the lives of the men and women who make up the Navy family."

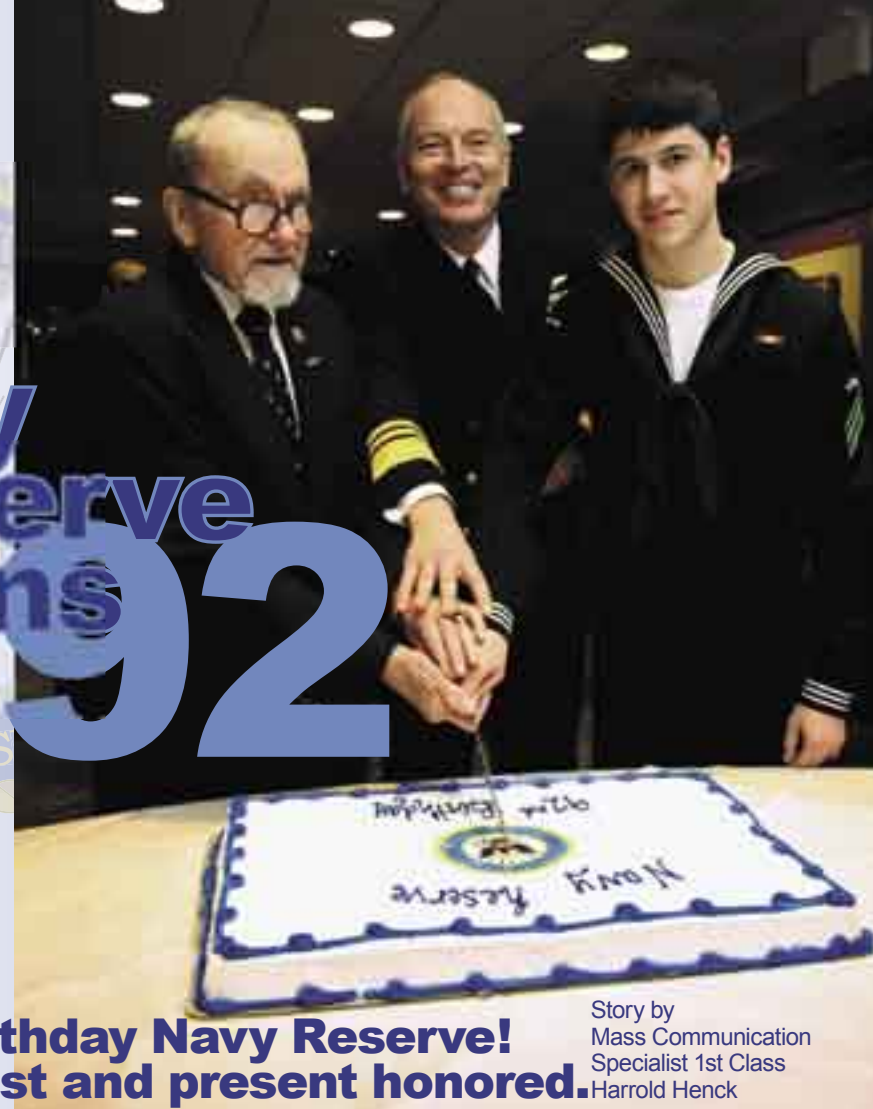


Campa stressed that one of his primary concerns is that families disconnected from fleet concentration areas while their loved ones are deployed don't know of the services available to them. He asked the chaplains to make a renewed effort to ensure these families are well supported.

The conference, which ran from Feb. 12-14 featured a theme of "Drawing on the Past and Planning for the Future." **TNR**

your words can inspire and guide our Sailors

Navy Reserve Turns



Happy Birthday Navy Reserve! Sailors past and present honored.

Story by
Mass Communication
Specialist 1st Class
Harold Henck

Commander, Navy Reserve Force, Vice Adm. John G. Cotton and Airman James Brown cut a cake with the help of a WW-II veteran at the U.S. Navy Memorial Museum during a ceremony in celebration of the 92nd anniversary of the Navy Reserve.

U.S. Navy photo by Mass Communication Specialist 1st Class Michael D. Heckman

WASHINGTON, D.C. – Amidst the icons of America's Naval heritage and history, the Navy Reserve's 92nd Birthday Ceremony was held March 3rd at the U.S. Navy Memorial in our nation's capitol. The event paid homage to the service's proud past and saluted those making history today.

Assistant Secretary of Defense for Reserve Affairs, the Honorable Thomas F. Hall, was joined by Secretary of the Navy, the Honorable Donald C. Winter and Chief of Navy Reserve Force Vice Adm. John G. Cotton, as keynote speakers for the inspirational service.

"Today we celebrate 92 years of honor, courage, commitment and pride in the Navy Reserve," said Hall in his opening remarks. "We are here this morning not only to continue these traditions, but to look back to

when Congress established the Federal Naval Reserve, exactly 92 years ago today."

The Navy Reserve was officially established on March 3, 1915 by an act of the U.S. Congress combining 17 state naval militias into a single federal force.

Winter also noted the Reserve's history and spoke of the great sacrifices made by Sailors, both past and present.

"It is sacrifice – sacrifice on behalf of a noble cause – that defines the service of those who take up arms in defense of the United States," said Winter.

Since 9/11, the contributions and

PICTURED AT RIGHT: Vice Adm. John G. Cotton administers the oath of re-enlistment to Yeoman 2nd Class Leroy Smith of the Naval Criminal Investigation Service Unit, Washington, D.C., and Cryptographic technician 1st Class Aaron Pope of Navy Information Operations Command Great Lakes, IL..

U.S. Navy photo by Mass Communication Specialist 1st Class Michael D. Heckman

sacrifices of Navy Sailors have been great. Over 42,000 Navy Reservists have been mobilized in support of the Global War on Terror. Twenty of them have paid the ultimate price for their service and the ceremony paid particular homage to them.

"To their families belong grief, sadness and pride at the loss of their beloved heroes to us and to the nation falls a sacred duty to honor their memory," Winter said.

Deputy Chief of Chaplains Rear Adm. Harold L. Robinson, who delivered the invocation and benediction for the service, shared this sentiment in his own remarks.

"For so many years, our nation has been blessed by the men and women of the Navy Reserve and it is fitting that we honor them and their families in this way," said Robinson.

More than remembering the past, the service also heralded the Navy Reserve's future. Hall noted the ongoing evolution of the force.

"The Reserve is transforming and I believe it will evolve into a more agile, more responsive, more integrated force able to meet a variety of demands in both war and peace," he said.

Hall said he foresees the establishment of more joint Reserve centers across the country to better integrate training with other services and to be more cost-effective. Cotton echoed this view of the future and spoke of his vision for

the Reserve.

"We can no longer think of ourselves as just Navy, Army or Air Force. We must view ourselves as joint warriors for a common cause. The Active Duty works together overseas and it is crucial Reservists work and train together stateside," he said.

Following the memorial service, Cotton honored three Reserve Officers. With their families proudly watching, Ensign Kelly Cruz of Philadelphia received his commission and Cmdr. Jeff Lucas of Washington, D.C., received his promotion. Cotton also paid special tribute to Lt. Cmdr. Zenobia Jordan from San Diego who was awarded the Bronze Star, the Navy's fourth highest honor, for distinguished service while deployed to Iraq.

Reflecting perhaps what all the family members in attendance were feeling, Lucas' wife Fiona stated unequivocally, "I'm so proud of my husband – for his service to our country and as a role model to our children."

Reserve enlisted Sailors were also recognized with awards,

advancements and reenlistments.

Chief Yeoman Cynthia Givens, Annapolis, Md., and Yeoman 1st Class Kimberly Walker, Washington, D.C., received special commendations while Equipment Operator 2nd Class Kenneth Berkley, Columbus, Ohio, Master at Arms 2nd Class Brad Randall of Urbana, Ohio, and Builder 3rd Class Jamie Curcio of Princeton, N.J., were advanced in rank. Cryptographic Technician 1st Class Aaron Pope of Great Lakes, Ill., and Yeoman 2nd Class LeRoy Smith, New Castle, Del., were personally reenlisted by Cotton.

When asked why they serve in the Navy, Pope said it best for all the recipients, "I do this voluntarily so my neighbors won't be forced to do so in a crisis."

Paying tribute to all of those receiving recognition was a man of esteemed accolades himself. Deputy Assistant Secretary of the Navy the Honorable H.C. "Barney" Barnum, a decorated Vietnam Veteran and Medal of Honor winner, addressed the participants and praised all of the awardees.


"All of these men and women

deserve our sincerest appreciation for their service. They are excellent role models for our nation's youth and I am deeply proud of them. They are making history today that future Navy Reserve birthdays will commemorate," said Barnum.

TNR



"...our nation has been blessed by the men and women of the Navy Reserve."



CAMP JOHNSON, N.C. — Over the whistle of simulated artillery rounds, a Sailor dressed in Marine Corps DCUs points his M-16 downrange and orders a squad of fellow Sailors to advance upon an unseen enemy.

"Move, move, move!" shouts Religious Program Specialist 2nd Class Cayce Mautino.

Faith Forward

Members of his first fire team leap to their feet, charge a few steps forward and then drop to the wet sand as small-arm fire erupts from the distant tree line.

Back on their stomachs, the first group of Sailors return fire while the second fire team advances to reform the line. The simulated artillery rounds explode ahead of the small unit, covering the squad's approach, allowing it to make a series of short advances. The teams close

in on a field just short of the tree line when an instructor shouts to signal the end of the exercise and begins a critique of the assault.

Mautino and six other Religious Program Specialists (RPs) make up the latest class to complete the seven-week chaplain and RP Expeditionary Skills Training (CREST) course at Camp Johnson, N.C.

From convoy operations and field exercises to mortuary affairs and preparing a religious program in a combat zone,

CREST teaches chaplains and RPs how to integrate with Marines and minister to their spiritual needs in the Global War on Terror.

"It takes us from pushing paper to pulling triggers," said Mautino, who has spent six years in the fleet. He will be reporting to the chaplain's office at Marine Corps Recruit Depot, Parris Island, S.C., upon completion of CREST.

Religious Program Specialist 3rd Class Eric Peak, a Reserve Sailor, graduated from CREST in

Story by
Religious
Program
Specialist
3rd Class
Michael Marie

2005 and was activated for the first time in February 2007. He and his chaplain deployed to Iraq in early March with Combat Logistics Battalion Six.

Peak said CREST was invaluable to him because it brought home the importance of the team concept of the Marines as well as the mindset he will need to protect his chaplain when duty calls. Marching in full combat gear and other forms of physical conditioning also helped push Peak to excel in his new unit. "You can't just be a Sailor in a Marine uniform," he said.

Peak's chaplain, Lt. Cmdr. Mike Wietecha, is a Navy Reserve chaplain on his fourth tour of duty in Iraq. Active since January 2005, Wietecha completed CREST in 2002.

"It was a very positive experience," he said. Wietecha particularly enjoyed the physical training, working with

hospital corpsmen and conducting a field service that was attended by the entire company.

In addition to religious support duties, the RP is in charge of protection for the Religious Ministry Team while in a combat zone. The team consists of both an RP and a chaplain. Because of those security needs, all RPs must earn a tan belt in the Marine Corps Martial Arts Program as part of their training. When they report to their unit, RP students also receive familiarization on both the M-16A2 and the M-9 for a future qualification.

"For the chaplain and the RP to be able to accomplish their mission, they need to be comfortable in the combat environment," said Cmdr. Gregory Todd, a Navy chaplain officer in charge of CREST. "If they're not comfortable, they're not going to be able to take

care of their Marines and Sailors."

CREST is offered five times a year, said Chief Religious Program Specialist Terence Newton, one of the school's three instructors. In fiscal year 2006, nine chaplains and 89 RPs completed the training. The course is designed for chaplains and RPs on their initial assignments to Marine Corps and Seabee billets, or those identified as an Individual Augmentee.

Navy Reserve RPs can attend the full seven weeks of CREST or it may be broken down into two phases to accommodate civilian schedules, Newton said. Reservists must complete both phases within two years.

Mautino, who recently trained alongside a Navy Reserve RP, said the CREST training successfully brings the two components of the Navy together. "We are now required to perform

the same exact duties, which will in turn create a closer working relationship between Reserve and Active Sailors," he said.

Master Sgt. Anthony Wright said he can't tell the difference between Active and Reserve Sailors when in the field. Wright is the Senior Military Adviser at Field Medical Service School, which oversees CREST administratively. The training RPs undergo at CREST is foundational and something to build upon, he said. "Here you get the basics. When you get to the fleet, you get hands on and you learn more."

Currently there are 277 Reserve chaplains and 159 Reserve RPs, said Religious Program Specialist 2nd Class Justin Kirby. On the Active Duty side, there are 835 chaplains and 855 RPs.

The CREST school continues to help Sailors perform critical missions in the Global War on Terror.

TNR



"For the chaplain and the RP to be able to accomplish their mission, they need to be comfortable in the combat environment."



Activation/Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

- ☐ Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- ☐ Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- ☐ Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- ☐ Copy(s) of current child support agreement(s).
- ☐ If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
 - Current license/certificate
 - Current BCLS, ACLS, PALS, etc.
 - Current demographic information if MC
 - Internship
 - Residency
 - Board certification in specialty or board certification qualifications.

B. Service Record/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).
- ☐ Emergency Contact Information (Page 2).

C. Security Clearance

- ☐ Certified copy of naturalization papers.

- ☐ Names/addresses of personal/professional references (minimum of 3 each required).
- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.

E. Medical

- ☐ Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
- ☐ Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE Contact lenses may not be authorized depending upon duty assignment.)
- ☐ Extra hearing aid/batteries.
- ☐ Documentation of significant medical/dental conditions not documented in military medical/dental records.
- ☐ Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- ☐ Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- ☐ Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

F. Personal

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.
- ☐ Completed and mailed application for registration and absentee ballot (SF-86).

**** NOTE:** If requirements listed above for Service Record/PSD and Security Clearance are already reflected in your service record, you do not need to bring additional documents.

Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

- ☐ Verify whether you will be reimbursed for commercial or government berthing and messing:
- ☐ A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- ☐ Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

2. SELRES Pay & Allowance (for AT & ADT orders)

- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

NOTE: Incomplete Travel Claims can result in returned or incomplete payment!

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

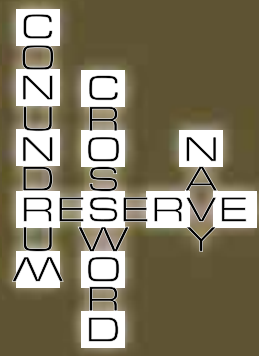
Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / NOOQ



RC Phone Directory

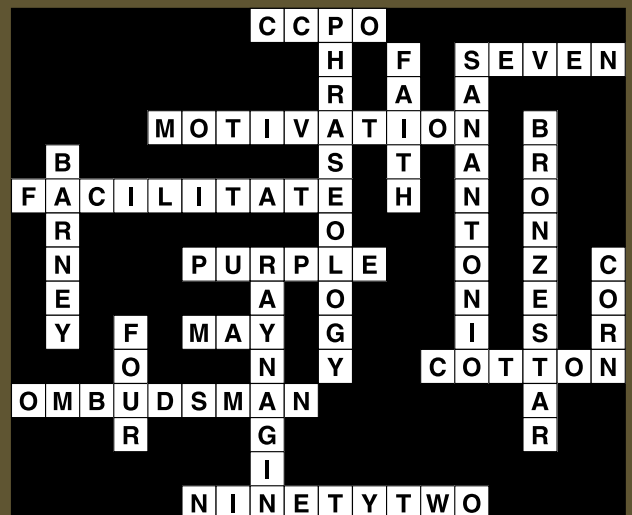
Chief of Navy Reserve (703) 693-5757	Pittsburgh, Pa. (412) 673-0801	New Orleans, La. (504) 554-5830 (504) 697-9205	Lincoln, Neb. (402) 450-4072	Point Mugu, Calif. (805) 989-7559	VR-51 (808) 257-3289	Center for Naval Aviation Technical Training (361) 961-3618	
Office of the Chief of Navy Reserve (703) 695-0324	Quincy, Mass. (617) 753-4600	Orange, Texas (409) 779-0158	Little Rock, Ark. (501) 416-6356	Port Hueneme, Calif. (805) 469-3845	VR-52 (215) 443 6553	Center for Personal Development (757) 492-7622	
Commander Navy Reserve Forces Command (504) 678-5313	Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939	Louisville, Ky. (502) 375-3329	Reno, Nev. (775) 250-7886	VR-53 (240) 857-9029	Comptroller of Navy (OMN&R) (703) 614-0061	
Force Equal Opportunity Advisor & EO Hotline Senior Chief Margaret Hoyt 1-877-822-7629	Richmond, Va. (804) 833-2882	Pensacola, Fla. (850) 384-4023	Madison, Wis. (608) 225-3417	Sacramento, Calif. (916) 919-6059	VR-54 (504) 678-3700	Comptroller of Navy (RPN) (703) 614-5528	
Naval District Washington RCC (240) 857-3783	Roanoke, Va. (540) 309-2563 (540) 563-9723	San Antonio, Texas (210) 381-2297	Memphis, Tenn. (901) 212-5354 (901) 874-5256	Salt Lake City, Utah (801) 736-4200	VR-55 (805) 989-8755	Defense Intelligence Agency (202) 231-4980	
	Rochester, N.Y. (585) 247-6858	Shreveport, La. (318) 393-0096	Milwaukee, Wis. (414) 303-9606	San Diego, Calif. (619) 571-5177 (619) 545-2632	VR-56 (619) 545-6920	Defense Logistics Agency (703) 767-5320	
	Syracuse, N.Y. (315) 455-2441	St. Petersburg (Clearwater), Fla. (727) 744-9927	Minneapolis, Minn. (612) 713-4600	San Jose, Calif. (408) 210-2950	VR-57 (619)545-6914	Destroyer Squadron Two (757) 444-1452 x509	
	White River Junction, Vt. (802) 295-0050	Tallahassee, Fla. (850) 294-9158	Nashville, Tenn. (615) 429-0890	Tucson, Ariz. (520) 228-6289 (520) 444-4439	VR-58 (904) 542-4051	Employer Support of the Guard and Reserve DSN: 426-1390	
Adelphi, Md. (301) 394-5800	Willow Grove, Pa. 1-866-945-5694	Tampa, Fla. (813) 486-0236	Oklahoma City, Okla. (405) 733-1052	Region Northwest RCC (425) 304-3338	VR-59 (817) 782-5411	First Naval Construction Division (757) 462-8225 x229	
Baltimore, Md. (410) 752-4561	Wilmington, Del. (302) 998-3328	Waco, Texas (254) 498-1910	Omaha, Neb. (402) 871-7086		VR-61 (360) 257-6595	Fleet Activities Chinhae, Korea 011-82-55-540-2852	
Washington, D.C. (202) 391-6907	Wilmington, N.C. (910) 540-9676 (910) 762-9676	West Palm, Fla. (561) 315-7888 (561) 687-3960	Peoria, Ill. (309) 678-1157		VR-62 (207) 921-1462	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157	
Region Mid Atlantic RCC 1-866-538-4773	Worcester, Mass. (508) 259-7103	Region Mid West RCC 1-866-356-3446	Rock Island, Ill. (309) 737-7731		VR-64 (215) 443-6400	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1012	
	Region Southeast RCC 1-800-201-4199		Saginaw, Mich. (989) 233-5712	Bangor, Wash. (360) 315-3004	Tactical Support Wing (TSW) (678) 575-6830	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627	
			Springfield, Mo. (417) 425-2598	Billings, Mont. (406) 248-2090	VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-4283	
			St. Louis, Mo. (314) 954-1052	Boise, Idaho (208) 841-2004	VAW-77 (678) 655-6382	Fleet and Industrial Supply Center Yokosuka, Japan 011-81-46-816-6548	
Albany, N.Y. (518) 489-5441	Amarillo, Texas 1-866-804-1627		Springfield, Mo. (417) 425-2598	Cheyenne, Wyo. (307) 631-0979	VFA-201 (817) 782-6363-221	Fleet Air Mediterranean 011-39-081-568-4184	
Amityville, N.Y. (631) 842-4850	Akron, Ohio (330) 376-9054	St. Louis, Mo. (314) 954-1052	Eugene, Ore. (541) 342-1887	VFA-204 (504) 678-3491	VFC-12 (757) 433-4919	Fleet Information Warfare Center (757) 417-4018	
Avoca, Pa. (570) 407-1086	Battle Creek, Mich. (269) 420-8813	Toledo (Perryburg), Ohio (419) 666-3444	Everett, Wash. (425) 304-4764	VFC-13 (775) 426-3645	HC-85 (519) 545-7218	Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397	
Bangor, Maine (207) 942-4388	Atlanta, Ga. (678) 655-5918	Cape Girardeau, Mo. (573) 576-9300	Tulsa (Broken Arrow) (918) 258-7822	Fargo, N.D. (701) 232-3689	HCS-4 (757) 445-0861	Fleet Intelligence Training Center Pacific (619) 524-6753	
Brunswick, Maine (207) 522-1064	Augusta, Ga. (706) 533-3439	Chattanooga, Tenn. (423) 322-6814	Wichita, Kan. (316) 640-5139	Fort Richardson, Alaska (907) 384-6491	HCS-5 (619) 545-7288	Headquarters US Marine Corps DSN: 278-9360	
Bronx, N.Y. (646) 342-3754	Austin, Texas (512) 797-2250	Chicago, Ill. (847) 804-1525	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	HSL-60 (904) 270-6906	Joint Chiefs of Staff (703) 697-3397 (703) 693-9753	
Buffalo, N.Y. (716) 807-4769	Charleston, S.C. (843) 743-2620	Cincinnati, Ohio (513) 319-9396	Region Southwest RCC 1-866-744-1735	Portland, Ore. (503) 285-4566	Operational Support Offices and Reserve Force Operations	Joint Forces Intelligence Command (757) 836-7211	
Charlotte, N.C. (704) 264-9159	Columbia, S.C. (803) 606-4756	Cleveland, Ohio (216) 771-0845		Sioux Falls, S.D. (605) 336-2402	Amphibious Construction Battalion Two (757) 492-7622	Judge Advocate General (504) 678-5303 (202) 685-5216	
Earle, N.J. (732) 580-8545 (732) 866-2888	Columbus, Ga. (706) 324-1225	Columbus, Ohio (614) 492-2888		Spokane, Wash. (509) 879-9260	Amphibious Group One 011-81-611-742-2377	Logistics Group Western Pacific 011-65-6750-2342	
Ebensburg, Pa. (814) 341-2199	Corpus Christi, Texas (361) 961-2241	Decatur, Ill. (217) 433-9058		Tacoma, Wash. (253) 209-0181	Amphibious Group Two (757) 462-7403 x510	Marine Forces Reserve (504) 678-8637	
Eleanor, W. Va. (304) 523-7471	El Paso, Texas (915) 276-6289	Des Moines, Iowa (515) 205-6527	Denver, Colo. (720) 847-6205 (303) 677-6230	Whidbey Island, Wash. (360) 257-2922	Bureau of Medicine and Surgery (202) 762-3415	Merchant Marine Program (504) 678-0590	
Erie, Pa. (814) 866-3073	Detroit, Mich. (586) 307-6148	Dubuque, Iowa 1-866 556-2144	Encino, Calif. (818) 381-6752	Reserve Patrol Wing (COMRESPATWING) (215) 443-6817	VP-62 (904) 542-2211		
Fort Dix, N.J. (609) 351-1375	Duluth, Minn. (218) 310-0166	Fort Worth, Texas (817) 271-8936	Fort Carson, Colo. (719) 238-8541		VP-69 (360) 257-6969		
Greensboro, N.C. (336) 254-8671	Forest Park, Ill. (708) 670-2280	Grand Rapids, Mich. (616) 363-6889	Guam (671) 777-4233 (671) 339-6724		VP-92 (207) 921-2092		
Harrisburg, Pa. (888) 879-6649	Green Bay, Wis. (920) 366-4606	Indianapolis, Ind. (317) 294-7380	Honolulu, Hawaii (808) 227-3575				
Lehigh Valley, Pa. (610) 264-8823	Harlingen, Texas (956) 367-1856	Kansas City, Mo. (816) 923-2341	Las Vegas, Nev. (702) 349-9685	VR-1 (240) 857-3722			
Manchester, N.H. (603) 303-0705 (603) 537-8023	Jacksonville, Fla. (904) 542-3320	Knoxville, Tenn. (865) 406-4024	Lemoore, Calif. (559) 960-3228	VR-46 (678) 655-6333			
New London, Conn. (860) 625-3208	Lubbock, Texas (806) 765-6657	Lansing, Mich. (517) 930-2579	Los Angeles, Calif. (310) 617-8360	VR-48 (240) 857-6814			
Newport, R. I. (401) 841-4550	Meridian, Miss. (601) 604-1865		Moreno Valley, Calif. (951) 840-0187				
Norfolk, Va. (757) 635-4548 (757) 444-7295	Miami, Fla. (305) 336-5572		Phoenix, Ariz. (602) 374-0993				
Plainville, Conn. (860) 573-9180							

Military Sealift Fleet Support Command (202) 685-5149	Naval Hospital Pensacola, Fla. (850) 505-6832	Naval Surface Force US Atlantic Fleet (757) 836-3234	Sealift Logistics Command Pacific (619) 553-7787	US Special Operations Command (813) 828-3004	Reserve Intelligence Area Nine Great Lakes, Ill. (847) 688-6273	CNATRA CAOSO (361) 961-2058 CNRF CNATRA PM (504) 678-1072 Navy Expeditionary Combat Command (757) 462-7400 Explosive Ordnance Disposal Group One (619) 437-3700 (619) 556-5403 Explosive Ordnance Disposal Group Two (757) 462-8453 (757) 462-8470 First Naval Construction Division (757) 462-7421 Naval Coastal Warfare Group Naval Coastal Warfare Group One (619) 437-9475 Naval Coastal Warfare Group Two (757) 396-0513
Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894	Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2219 (619) 437-2342	Space And Naval Warfare Systems Command (619) 524-7323	US Strategic Command (402) 294-8141 (402) 294-8121	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501	
Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694	Naval Inspector General (202) 433-4707	Naval War College (401) 841-7801 (401) 841-4450 (401) 841-7539	Submarine Force US Pacific Fleet (808) 473-2346	US Third Fleet (619) 524-9537	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011	
Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272	Naval Medical Center Portsmouth, Va. (757) 953-7700	Naval Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Group Nine (360) 396-6949	US Transportation Command (618) 229-7084	Reserve Intelligence Area Thirteen Jacksonville, Fla. (904) 542-3320	
Naval Air Systems Command (301) 757-8512 (301) 342-9680	Naval Medical Education and Training Command (301) 319-4966	Navy Expeditionary Combat Command (757) 462-7400 x167	Submarine Group Ten (912) 573-4258	Naval Reserve Intelligence Command	Reserve Intelligence Area Fourteen Marietta, Ga. (678) 655-6380 (888) 436-2246	
Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897	Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 256-1349	Submarine Squadron Eleven (619) 553-0747	Reserve Intelligence Area One Oak Harbor, Wash. (360) 257-2254	Reserve Intelligence Area Fifteen Norfolk, Va. (757) 444-1352	
Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403	Naval Network and Space Operations Command (540) 653-5001	Navy Installations Command (202) 433-4721	US Central Command (813) 827-6938 (813) 827-6941	Reserve Intelligence Area Three New Orleans, La. (504) 678-3411 1-888-347-2606	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651 1-877-205-0838	
Naval Construction Forces Command (757) 462-8225 x230	Naval Network Warfare Command (757) 417-6701	Navy Munitions Command (757) 887-4541	US European Command 011-49-711-680-4002	Reserve Intelligence Area Four San Diego, Calif. (619) 524-6432 1-800-873-4139	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019	
Naval Criminal Investigate Service (202) 433-9169	Naval Operational Logistics Support Center (757) 443-5274	Navy Office of Information (504) 678-6055	US Joint Forces Command (757) 836-3847 (757) 836-0454 (757) 836-3551	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030	
Naval District Washington (202) 433-6465 (202) 433-7527	Naval Operations (301) 669-3389 (703) 601-1744 (703) 614-5563 (703) 614-4932 (703) 602-1768 (703) 697-2230 (703) 697-4040 (703) 601-1427	Navy Personnel Command (901) 874-4481	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738		
Naval Education and Training Command (850) 452-9346	Naval Region Europe 011-44-207-514-4605 011-39-081-568-4636 011-39-081-568-8215	Navy Region Gulf Coast (850) 452-1341 (850) 452-1046	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Expeditionary Logistics Support Group (757) 887-7639 (800) 453-1621	Naval Region Hawaii (808) 473-4505	Navy Region Guam (671) 339-3123 (671) 339-5206 (671) 339-2668	US Naval Forces Europe 011-44-207-514-4605 011-39-081-568-4634	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Facilities Engineering Command (202) 685-9010	Naval Region Japan 011-81-468-16-4467	Navy Region Mid-Atlantic (757) 445-2435 (757) 444-6454	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Health Care New England (860) 694-4105	Naval Personnel Development Command (757) 444-4996 (757) 444-2996 x3111	Navy Region Korea 011-822-7913-5795	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Bremerton, Wash. (360) 475-4375	Naval Sea Systems Command (202) 781-3116 (202) 781-3227	Navy Region Northeast (757) 445-2435 (757) 444-6454	US Naval Forces Marianas (671) 339-5432 (671) 339-5117 (671) 339-2668	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Camp Lejeune, N.C. (910) 450-4090	Naval Security Group Reserve (240) 373-3125	Navy Region Midwest (847) 688-2086	US Naval Forces Southern Command (904) 270-7354 x4304	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Service Training Command Great Lakes, Ill. (708) 218-5042	Navy Region Northeast (860) 694-2210 (203) 466-0314	US Naval Special Warfare Command (619) 437-3230	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Charleston, S.C. (843) 743-7316	Naval Special Warfare Command (619) 437-3230	Navy Region Northwest (360) 315-3007	US Northern Command (719) 554-4120 (719) 554-0552	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Health Clinic Great Lakes, Ill. (847) 688-6699	Naval Special Warfare Operational Support Group (619) 437-5196	Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Pacific Command (808) 477-2322 (808) 477-1405	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Jacksonville, Fla. (904) 542-7458	Naval Station Rota Spain 011-34-956-82-2850	Navy Region Southwest Asia 011-973-1785-9019	US Pacific Fleet (808) 474-8415 (808) 474-1178	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Lemoore, Calif. (559) 998-2529	Naval Submarine Force/ Submarine Force US Atlantic Fleet (757) 836-1208	Office Naval Intelligence (301) 669-4602	US Second Fleet (703) 696-6676 (757) 444-4041 (757) 445-4672	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Naples Italy 011-39-081-811-6099	Puget Sound Naval Shipyard (360) 476-7683	Office of Naval Research (703) 696-6676	US Seventh Fleet 011-81-6160-43-7440 x4090	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Supply Systems Command (717) 605-5122	Sealift Logistics Command Atlantic (757) 443-5653	US Sixth Fleet 011-39-081-568-4634	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		
	Naval Support Activity, Bahrain 011-1785-9019	Sealift Logistics Command Europe 011-39-081-568-3568	US Southern Command (305) 437-2987 (305) 437-1255	Reserve Intelligence Area Sixteen Aurora, Colo. (720) 847-6225		



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questions
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The Solution.





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